



# HOWZAT!

## Games – Warm Ups

### Name: Dodge Ball

#### Aim:

To warm player up physically and mentally.

To acquire and develop a range of movement and spatial awareness skills. (Agility, Balance, Co-ordination).

To select and apply skills and tactics to avoid the ball or hit the player.

To evaluate and improve performance by thinking about how to effectively hit the player or how to effectively avoid the ball.

To understand fitness and health by participating in a warm up game and understanding the benefits of warming up to prepare for physical activity.

#### Organisation:

Players stand near a cone to form a circle facing inwards. One player stands in the middle of the circle. An outer player begins with a large soft ball and aims an underarm throw to hit the middle player below knee height. The player in the middle aims to avoid the ball by using a range of movement skills including jumping, twisting side steps, turning, backwards and forwards. If he or she are hit by the ball they are replaced by an outer player.

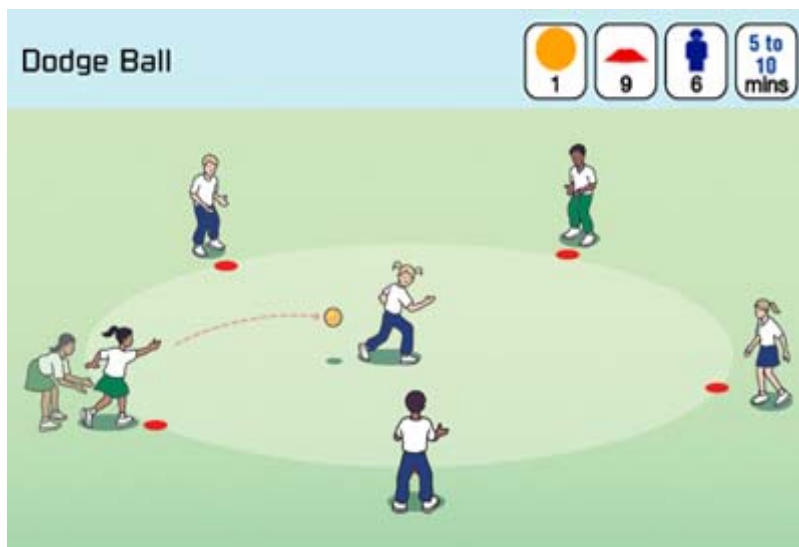
#### Technique:

Weight on balls of feet; Knees bent feet shoulder width apart adopting a ready position; Watch the ball; Outer players hands ready; Outer players to anticipate where the ball is going; Middle player to react and avoid the throw.

#### Adaptation/Variation:

Increase / Decrease circle diameter; Include another ball; Add another player to the middle; Increase / Decrease outer players.

*If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.*



#### Equipment:

**Players:** in groups of 6 -8;

**Cones:** 4 – 7 in each group;

**Balls:** 1 large soft ball per group;

**Time:** 5 – 10mins.